

GOOD MORNING

HOW YOU DOIN'?

AMERICAN

Chicken & Waffle 8.79

The classic American combo, served with maple-flavour syrup *948 kcal*

Breakfast Wrap 9.29

Flour tortilla filled with sausage, back bacon, cheese, potato tots, fried egg & chilli sauce *976 kcal*

Mushroom & Cherry Tomato Hash 11.49

Potato tots loaded with mushroom, cherry tomatoes, fried red onions & topped with fried eggs & red chilli sauce *569 kcal*

Make it vegan & swap your eggs for scrambled tofu *510 kcal* 

Beef Brisket Hash 12.99

Potato tots loaded with beef brisket, fried red onions, topped with fried eggs & red chilli sauce *510 kcal*

TRADITIONAL

Locals' Favourite Breakfast 13.29

A traditional English breakfast with back bacon, pork sausage, your choice of egg, mushroom, baked beans, tomato & potato tots *1032 kcal*

Go Large Locals' Favourite Breakfast 15.29

Take your favourite breakfast up a notch with extra back bacon, eggs, pork sausage, black pudding & potato tots *1608 kcal*

The Veggie One 13.99

Quorn® vegan sausage, mushroom, roasted tomato, baked beans, smashed avocado, your choice of eggs, potato tots & toast *945 kcal*

Make it vegan & swap your eggs for scrambled tofu *822 kcal* 

Eggs Your Way 9.99

How do you like your eggs in the morning? Choose from:

Scrambled or fried served with toast & butter *526 kcal*

Ask to swap to GF toast *546 kcal*  

Eggs Benedict 12.29

Toasted breakfast muffin, poached eggs & hollandaise sauce

Bacon *642 kcal* | **Ham** *567 kcal* | **Mushroom** *468 kcal* 

Eggs & Avo 11.99

Lightly toasted breakfast muffin topped with smashed avocado & two perfectly cooked poached eggs *452 kcal*

Add: Bacon *194 kcal* **2.49**

Ask to swap to GF toast *463 kcal*  

SANDWICHES

The Big Apple Stack 12.99

Load up with the ultimate breakfast ciabatta.

Back bacon, sausages, cheese, a perfectly fried egg & ketchup. Served with potato tots *1527 kcal*

Breakfast Bap 8.99

Served in a soft white bun. Choose from:

Bacon *635 kcal* | Cumberland sausage *709 kcal* |

Quorn® vegan sausage *504 kcal*  | Fried egg *586 kcal* 

Double your filling **2.49**

Add: Potato tots *264 kcal*  **4.29**

SWEET STUFF

Buttermilk Pancakes / Waffles

Choose topping:

Chocolate & banana 661 kcal  **10.79**

Maple-flavour syrup 669 kcal  **9.99**

Bacon & maple-flavour syrup 788 kcal **10.79**

Porridge  

5.79

Choose from:

Banana 293 kcal | Maple-flavour syrup 350 kcal | Strawberries 355 kcal

SIDES

Toast & Butter 391 kcal  **3.29**

Gluten Free Toast & Butter 392 kcal   **3.29**

Croissant & Butter 501 kcal  **3.49**

Pain au Chocolat 386 kcal  **3.79**

Add a tasty jam or spread - ask for what's available 1.00

COCKTAILS & JUICES

Bloody Mary **10.29**

Vodka, tomato juice, hot sauce, Worcestershire sauce, lemon juice, celery, salt & black pepper

Make it virgin - same great taste without the alcohol 44 kcal **6.19**

Mimosa **9.99**

Prosecco topped with orange juice

Fresh Orange Juice 127 kcal **4.49**

Fruit Juice **4.29**

Apple 160 kcal | Orange 194 kcal | Cranberry* 163 kcal | Pineapple 185 kcal

HOT DRINKS

Americano 13 kcal **3.79** **Flat White** 97 kcal **3.99**

Caffe Latte 193 kcal **3.99** **Mocha** 253 kcal **4.29**

Cappuccino 189 kcal **3.99** **Hot Chocolate with Marshmallows** 467 kcal **4.89**

Double Espresso 1 kcal **3.79** **Breakfast Tea** 0 kcal **3.59**

Macchiato 5 kcal **3.29** **Fruit & Herbal** 0 kcal **3.69**

**UPGRADE
YOUR COFFEE**

Syrup: Vanilla 85 kcal | **Caramel** 85 kcal **0.60**
Switch to oat or coconut milk - on us!

 Vegetarian  Vegan
 Made with ingredients that do not intentionally contain gluten

If you have any food allergies or intolerances please speak to a member of the team before you order, and ask to see our interactive allergen guide with the 14 legally defined allergens. We take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. Menu descriptions don't list all ingredients, and recipes are subject to change. Adults need around 2000 kcal a day. For full allergen and nutritional information visit menus.tenkites.com/frankies.

Prices stated are GBP and include VAT at the current rate. All major credit cards and currencies accepted. Gratuities are discretionary and distributed 100% to our team. We welcome your feedback - email: guestexperience@trgplc.com or post: trg, 5-7 Marshalsea Road, London, SE1 1EP www.trgconcessions.co.uk | 0726